

OLDER ADULTS

ACTIVITIES & SERVICES

Dublin Senior Center

7600 Amador Valley Blvd.
(925) 556-4511
www.dublinseniorcenter.com
seniorctr@dublin.ca.gov

Hours

Monday through Friday, 9:00 AM – 4:00 PM

Saturday, 8:30 AM – 12:00 PM

Except...

The Senior Center will be closed on the following days:

Presidents' Day – **Monday, February 15**

Memorial Day – **Monday, May 30**

Saturday activities are cancelled on the following days due to special events:

Teen Job Fair – **Saturday, March 5**

St. Patrick's Day Parade – **Saturday, March 12**

Welcome!

The Dublin Senior Center is a welcoming, cheerful, active place designed for the older adult crowd. It's the place to be for exercise and dance classes, delving into art and music groups, or having lunch inexpensively. That's the short list. The next few pages list many choices from the current offerings. Please join our patrons and make new friends by visiting this Center where you will find "rewarding friendships, intriguing activities and a lifestyle of possibilities."

Be a Senior Center Supporter

The Senior Center thrives because of its supporters. The yearly fee allows our patrons to enjoy the continuous programs offered here. Thank you to all our supporters for caring. Supporters are mailed our quarterly newsletter, *Dublin Doings*.

Yearly Fee \$10; \$1 discount for Dublin Residents

Be a Senior Center Volunteer

Volunteers are special people who give of themselves. If you would like the feeling of helping others, please sign up to volunteer. Training is provided as needed. Volunteer applications and class proposal forms are available at the front desk, or online at www.DublinSeniorCenter.com.



Dine at The Shamrock Café

Monday to Friday, 11:30 AM-12:15 PM*

The price is right, so stop by and enjoy a healthy affordable meal catering to older adults. Caregivers are also welcome. Drop-ins are welcome. The suggested voluntary donation is \$3, and annual registration is required. Meals are provided by Open Heart Kitchen, in cooperation with the Area Agency on Aging of Alameda County, and the City of Dublin. Soup, salad, bread, beverage and dessert are served with every entree. Monthly menu posted at www.dublinseniorcenter.com.

** Cafe closed on 4/28 due to special event*

Special Luncheons

Celebrate holidays at our special luncheons which feature entertainment in addition to a festive mood.

St. Patrick's Day Luncheon

\$3

Thu 3/17 Activity #39641

Mother's Day Luncheon

\$15 Res/\$18 Non-Res

Thu 5/5 Activity #40539

Annual Volunteer Luncheon

We thank the Center's wonderful volunteers who served in 2015 with a special **invitation only** luncheon. Volunteers, please see that your hours and contact information are up to date so we won't miss sending you an invitation. Regularly scheduled lunch program and activities in the ballroom will be cancelled.

DANCE

Ballroom Beginner/Level II Basic

Enjoy various ballroom dance styles. Prior experience and partners not necessary.

Instructor: Bill Blankenship

Beginner

50 Years+

Dublin Senior Center

Waltz

5 Classes \$25 Res/\$30 Non-Res

Tue 3/1-3/29 2:15-3:45 PM Activity #39332

Cha Cha

4 Classes \$20 Res/\$24 Non-Res

Tue 4/5-4/26 2:15-3:45 PM Activity #39333

Bolero

5 Classes \$25 Res/\$30 Non-Res

Tue 5/3-5/31 2:15-3:45 PM Activity #39334

Level II Basic

21 Years+

Dublin Senior Center

Foxtrot

5 Classes \$30 Res/\$36 Non-Res

Thu 3/3-3/31 7:25-8:25 PM Activity #39338

Bachata

4 Classes \$24 Res/\$29 Non-Res

Thu 4/7-4/28 7:25-8:25 PM Activity #39339

Night Club Two-Step

4 Classes \$24 Res/\$29 Non-Res

Thu 5/5-5/26 7:25-8:25 PM Activity #39340

BALLROOM *social*

with DJ Bill Blankenship

At the Dublin Senior Center

Fridays, March 25, April 29 & May 27, 1:30-4:00 PM

All types of ballroom social dance music are played, and dancers of all levels welcome. Dance lessons included. Includes light refreshments

50 Years+ \$6 Drop-in fee



The Mills

LINE DANCE SOCIAL

EVERY FIRST THURSDAY, 2:00-4:00PM

DJ Millie Dusha plays classic and contemporary line dance music to get you in the mood to dance. All levels are welcome to join the fun!

\$4/Drop-in fee

Line Dance

Get in line, listen to the beat, and dance. Partners not needed.

50 Years+

Dublin Senior Center

Beginning

Instructor: Lynn Woods

\$2 Drop-in

Thu 2/18-5/12* 10:15-11:15 AM

*no class 4/28

Beginning/Intermediate

Instructor: Rosa Chan

\$3 Drop-in

Tue 2/16-5/10 10:00-11:00 AM

Sat 2/27-5/14* 11:00 AM-12:00 PM

*no class 3/5, 3/12, 4/30

Easy Intermediate

Instructor: Millie Dusha

\$4 Drop-in

Thu 2/18-5/12* 2:00-4:00 PM

*no class 4/28

Intermediate

Instructor: Millie Dusha

\$4 Drop-in

Mon 2/22-5/9 1:00-2:45 PM

Intermediate Line Dance Social

Enjoy intermediate level line dancing in a social setting.

Leader: Karen Hong

50 Years+ \$2 Drop-in

Dublin Senior Center

Fri 2/26-5/13 10:00-11:00 AM

FITNESS & WELLNESS

Balance, Agility & Strength

Simple movements are used to strengthen your core (abs and back) and cardiovascular system (heart and lungs). Stand or use a chair. No floor exercises.

Instructor: Robin Weiss

50 Years+

Dublin Senior Center

5 Classes \$20.75 Res/\$25 Non-Res

Wed 3/2-3/30 10:00-10:45 AM Activity #39518

4 Classes \$16.50 Res/\$20 Non-Res

Mon 3/7-3/28 10:00-10:45 AM Activity #39523

Mon 4/4-4/25 10:00-10:45 AM Activity #39524

Wed 4/6-4/27 10:00-10:45 AM Activity #39519

Mon 5/2-5/23 10:00-10:45 AM Activity #39525

Wed 5/4-5/25 10:00-10:45 AM Activity #39520

Chair Pilates

Improve everyday movements, sitting, standing and walking, by applying Pilates principles. Schedule is tentative; dates subject to change.

4 Classes Instructor: M Valentin

50 Years+ \$20 Res/\$24 Non-Res

Dublin Senior Center

Mon 3/7-3/28 3:00-3:45 PM Activity #39377

Mon 4/4-4/25 3:00-3:45 PM Activity #39378

Mon 5/2-5/23 3:00-3:45 PM Activity #39379

Saturday Programs

Start your weekend with fun activities. The Senior Center is open on **Saturdays** from **8:30 AM until 12:00 PM** for:

Jazzercise

8:30-9:30 AM

Ping Pong

9:00 AM-12:00 PM

Tai Chi Chuan

9:45-10:45 AM

Beginning/Intermediate Line Dance

11:00 AM-12:00 PM



Intro to Gentle Yoga

Increase your flexibility and body awareness as you learn basic yoga poses.

Instructor: Caran Ruga

50 Years+

Dublin Senior Center

5 Classes \$15 Res/\$18 Non-Res

Tue 3/1-3/29 10:30-11:30 AM Activity #40916

Tue 5/3-5/31 10:30-11:30 AM Activity #40915

4 Classes \$12 Res/\$14.50 Non-Res

Tue 4/5-4/26 10:30-11:30 AM Activity #40914

Gentle Yoga

Simple poses release tension, facilitate stability and improve posture. Optional chair exercises available.

Instructor: Jim Stuhlman

50 Years+

Dublin Senior Center

5 Classes \$15 Res/\$18 Non-Res

Wed 3/2-3/30 5:30-6:30 PM Activity #39538

4 Classes \$12 Res/\$14.50 Non-Res

Wed 4/6-4/27 5:30-6:30 PM Activity #39539

Wed 5/4-5/25 5:30-6:30 PM Activity #39540

Healing Yoga

Promote a healthy body while decreasing stress and anxiety using techniques, including stretching, strength and balance exercises, breathing, and meditation. Postures are adapted for chair sitting as needed.

Instructor: Anne Cavazos

40 Years+ \$5 Drop-in

Dublin Senior Center

Thu, Mon 2/18-5/16* 12:30-1:30 PM

**no class 3/7, 3/10, 3/17, 4/4, 4/7*

Tai Chi Chuan

Warm up with Qi (Chi) Gong and learn a different tai chi form each week.

Instructor: John Deng

50 Years+

Dublin Senior Center

Beginners—24 Forms

3 Classes \$10 Res/\$12 Non-Res

Fri 3/4-3/18 1:00-2:00 PM Activity #39463

Fri 4/1-4/15 1:00-2:00 PM Activity #39464

Beginners II for Continuing Students—24 Forms

4 Classes \$12 Res/\$14.50 Non-Res

Tue 4/5-4/26 1:00-2:00 PM Activity #39454

5 Classes \$15 Res/\$18 Non-Res

Tue 3/1-3/29 1:00-2:00 PM Activity #39457

Intermediate/Advanced—42 Forms

2 Classes \$6 Res/\$7.25 Non-Res

Sat 3/19-3/26 9:45-10:45 AM Activity #39459

4 Classes \$12 Res/\$14.50 Non-Res

Sat 4/2-4/23 9:45-10:45 AM Activity #39461



Tai Chi Chuan Practice Session

Class designed to practice Qi (Chi) Gong and basic forms for students currently enrolled in Tai Chi Chuan classes.

Peer Leaders: Wing Yu, Lucy Yu, Anna Hudson

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu 2/18-5/12* 9:00-10:00 AM

**no class 4/28*

Tue, Fri 5/3-5/31* 1:00-2:00 PM

**no class 5/27*

Jazzercise®

Jazzercise is a calorie-torching, hip-swiveling, dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes — Dance Mixx, Interval, Fusion, Core, Strike, and Strength — will leave you breathless, toned and coming back for more. Bring a mat and hand weights to class. Contact Barbara Van Trease at (925) 447-8890 for class information or visit www.jazzercise.com for new student offers and pricing.

18 Years+

Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM

Mon & Wed 5:30-6:30 PM

Tue & Thu 6:00-7:00 PM

DANCESCAPE *social*

At the Dublin Senior Center

Get in the mood, grab your partner and dance the evening away. Swing to big band music. Tango, waltz, cha-cha and foxtrot, too!

**Friday, February 12
6:30-9:30 PM**

Activity #39514

*Tickets purchased by the day
prior: \$10 Res/\$12 Non-Res;
or \$15 at the door.*



Path Wanderers

Meet at a local, level trail and walk 2 to 3 miles. A current monthly schedule is available. First-timers must turn in a completed emergency form and liability release before participating. Call the Senior Center for more information.

Weekly Thursday Walks

Leader: Dan Rodrigues

50 Years+ Free

Location TBA

Thu 2/18-5/12 9:00-11:00 AM

NEW! Monthly Saturday Hikes

Meet at the designated park or trailhead and hike these trails.

Leader: Richard Guarienti

50 Years+ Free

April 2 9:00 AM Alamo Creek Trail

May 7 9:00 AM Iron Horse Trail

June 4 9:00 AM Tassajara Creek Trail

July 9 9:00 AM Martin Canyon Creek Trail

Tri-Valley Trail Trekkers

Trek 4-6 miles on East Bay trails or parks. Weekly schedules are available from hikedirector@gmail.com. First-timers must turn in a completed emergency form and liability release before participating.

Peer Leader: Helen Coleman

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Tue 2/16-5/10 8:45-9:00 AM

ART & MUSIC

Acrylics

Instruction for beginner and intermediate artists who would like to learn or brush up on form, composition, and color. Examine techniques and theories behind a master artist's work, then create an original work based on that artist's style.

3 Classes Instructor: Arthur Scott King

50 Years+

Dublin Senior Center

\$22.50 Res/\$27 Non-Res

Vincent VanGogh—Landscapes

Mon 3/7-3/28* 2:00-5:00 PM Activity #40145

**no class 3/21*

Monet—Light and Color

Mon 4/4-4/18 2:00-5:00 PM Activity #39506

Odilon Redon—Florals

Mon 5/2-5/16 2:00-5:00 PM Activity #39507

DUBLIN SENIOR CENTER SPONSORS

The Senior Center truly appreciates its donors and sponsors. Their generosity allows the Dublin Senior Center to provide free coffee, and to partially underwrite the cost of activities, keeping fees affordable. City staff and patrons thank them. To become a donor or sponsor, please e-mail seniorctr@dublin.ca.gov, or call (925) 556-4511.

PLATINUM SPONSOR

Pat Hughes

Senior Supporter

SILVER SPONSORS

Hired Hands Homecare, Inc.

Palo Alto Medical Foundation

Pleasanton Nursing and Rehab

BRONZE SPONSORS

Brookdale Senior Living





Watercolor

In this peer-led class, watercolor artists at all levels work on their own projects, and offer helpful critiques and tips.

50 Years+ \$32 Res/\$38 Non-Res

Dublin Senior Center

Fri 2/12-5/27 9:30 AM-12:00 PM Activity #38624

Art for All Media

Work independently on personal art projects and enjoy the camaraderie of fellow artists. All levels of creativity are welcome.

50 Years+ \$2 Drop-in

Dublin Senior Center

Wed 2/17-5/18 12:30-3:30 PM

Draw Now, Paint Later

This class is aimed at watercolor painters who want to improve their drawings before they paint.

Peer Leaders: Sue Farr & Friends

50 Years+ \$2 Drop-in

Dublin Senior Center

Wed 2/17-5/18 1:00-2:30 PM

Scrapbooking Workshop: Family Memory Book

Create a 15-page saddle stitch bound scrapbook to share with your family and loved ones.

2 Classes Instructors: Sharon Marts & Prity Bhuptani

21 Years+ \$5 Res/\$6 Non-Res; plus \$10 materials fee

Dublin Senior Center

Thu 3/10-3/17 7:00-8:30 PM Activity #40443

Blankets for Vets

Join caring individuals who make blankets for our veterans. Bring your own knitting and crochet needles. Donations of needles and yarn are appreciated.

Peer Leader: Eva Lim

50 Years+ \$2 Suggested donation

Dublin Senior Center

Wed 2/17-5/11 1:00-3:30 PM

Knitting Social

Knit baby hats with fellow Mad Hatters and donate to local agencies.

Peer Leader: June Hurd

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue 2/16 10:00 AM-12:00 PM

Tue 3/15 10:00 AM-12:00 PM

Tue 4/19 10:00 AM-12:00 PM

Tue 5/17 10:00 AM-12:00 PM

Needle Arts Group, Quilting, Sewing

Work independently on your quilting, sewing, or knitting projects while chatting with a friendly group. Materials not included.

Peer Leader: Linda Schmidt

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue 2/16-5/10 10:00 AM-12:00 PM



Connect to seniorwireless for FREE.
user name & password: wifi



Melody Minstrels Jam Session

Bring a personal musical instrument and start jammin' with the group.

Peer Leader: Gary Younse

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue 2/16-5/10 1:00-4:00 PM

Music Lovers Sing-Along

Add your melodious voice to this group of singers. All musical accompanists are welcome.

Peer Leaders: Rich Van Tassel, Kelly Boyer

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu 2/18-5/12 10:00-11:00 AM

Name That Tune

Reminiscing music from the '30s, '40s and '50s. Obtain a free Connecting with Classics "Stay to Play" activity pass when you attend lunch on the same day.

Music Facilitator: Vicky Weseloh

50 Years+ \$2 Suggested donation

Dublin Senior Center

Thu 3/24 12:30-1:00 PM

Thu 4/21 12:30-1:00 PM

Thu 5/26 12:30-1:00 PM

ENRICHMENT

Reading Group

Finish reading the chosen book, then meet with the group to critique it. Call for selected current title.

Peer Leader: Pam Fisher

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue 2/23 10:30-11:30 AM

Tue 3/22 10:30-11:30 AM

Tue 4/26 10:30-11:30 AM



Polish Your Writing

Learn creative ways to edit and improve your manuscripts. Classmates enjoy listening to works in progress and offering supportive suggestions. Schedule tentative, dates subject to change.

8 Classes Instructor: Julaina Kleist

50 Years+ \$32 Res/\$38.50 Non-Res

Dublin Senior Center

Mon 3/28-5/16 9:45 AM-12:00 PM Activity #39642

Everyday Life Skills in English (ELSE)

The goal of this beginning intermediate class is to teach adults from different cultures the practical and necessary everyday life skills that they need to function comfortably within the American culture. The class is taught entirely in English. Students practice English conversation with each other and act out real life situations. Cost includes limited materials fee. Schedule tentative, dates subject to change.

4 Classes Instructor: Danielle Adsit

50 Years+ \$12 Res/\$15 Non-Res

Dublin Senior Center

Mon 3/7-3/28 3:00-4:30 PM Activity #40919

Mon 4/4-4/25 3:00-4:30 PM Activity #40920

Mon 5/2-5/23 3:00-4:30 PM Activity #40921

Mon 6/6-6/27 3:00-4:30 PM Activity #40922

American Sign Language

Meet and interact with others interested in acquiring basic skills in the American Sign Language alphabet, numbers, and everyday phrases. No prior knowledge necessary.

8 Classes Instructor: Sheila Holmes

21 Years+ \$48 Res/\$58 Non-Res; plus \$15 materials fee

Dublin Senior Center

Thu 3/24-5/12 1:00-3:00 PM Activity #39326

Computer One-on-One, by Appointment

Be computer literate or improve skills using the center's desktop, or bring a personal tablet, laptop or smart phone to work on. Contact the Senior Center to arrange a 30-minute one-on-one appointment.

50 Years+ \$3 Res/\$3.50 Non-Res

Dublin Senior Center

Wed* 2/17-5/11 10:00 AM-1:00 PM

**Instructor: Elise Nai*

Fri* 2/19-5/13 9:00 AM-11:00 AM

**Instructor: Zev Kahn*

Sun* 2/21-5/15 8:30 AM-9:30 AM

**Instructors: Dublin High Tech Club*

Thu* 2/25-5/19 6:00 PM-8:00 PM

**Instructor: Guru Athisenbagam*

Wed* 3/2-5/18 1:00 PM-4:00 PM

**Instructor: Lori Rose*

CARDS & GAMES

American Mah Jong

An interesting and challenging game played with tiles and using a card showing winning hands.

50 Years+ \$2 Drop-in

Dublin Senior Center

Fri 2/19-5/13 12:15-4:00 PM

Chinese Mahjong Lessons

Learn to play this tile game based on Chinese symbols and characters. Call to add your name to the roster.

Peer Leader: Lucy Yu

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu 2/25-5/19 12:00-4:00 PM

Chinese Mahjong Social

Chinese Mah Jong is similar to the card game Gin Rummy, but is played using tiles with Chinese symbols. Contact the Senior Center to be added to interest list.

Peer Leader: Sophia Mok

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu 2/18-5/12 12:00-4:00 PM

Lending Library

The Senior Center's library is available to our patrons for free.

How it works:

The library is operated on the honor system; no check-out required. Borrow a book, DVD, or VHS. When finished, return it to the front desk. Donate items at the front desk for processing. We gladly accept, in good condition only, books published no earlier than the year 2010, and magazines from the past two months. We also accept audio, large type books, and puzzles with 1,000 pieces or less.



Bridge

Join other intermediate/advanced players for a game of Bridge. Contact the Senior Center to sign up for one of the Bridge groups below.

Peer Leaders: Raeia Marshall, Barbara Tocchini, Jenny Underwood

50 Years+ \$2 Drop-in

Dublin Senior Center

Intermediate & Advanced

Mon, Tue 2/16-5/13 12:30-4:00 PM

Fri 2/16-5/13 12:00-3:30 PM

Social Play

Wed 2/17-5/11 1:00-3:00 PM

Bridge Lessons for Beginners

Learn how to play Bridge.

Instructor: Bill Iles

50 Years+ \$2 Drop-in

Dublin Senior Center

Mon 2/22-5/16 1:00-4:00 PM

Bunco

Players take turns rolling three dice in this game of chance. The person with the most "buncos" (3-of-a-kind) wins.

Peer Leader: Sue Woods

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu 2/18-5/12 1:00-3:00 PM

Bingo

The Center's most popular game is sponsored by the Dublin Senior Center Foundation. Play ten games and one black-out game.

50 Years+ \$1 per card or \$2.50 for 3 cards

Dublin Senior Center

Wed 2/17-5/11 12:45-3:30 PM



Ping Pong

Exercise and burn calories as you play this fun game.

50 Years+ \$2 Drop-in

Dublin Senior Center

Wed, Thu, Sat 2/17-5/14* 9:00 AM-12:00 PM

**not available 3/5, 3/12*

Ping Pong, by Reservation

Reserve a table for an hour. Reservations are taken in person or by phone.

50 Years+ \$4 per hour reservation fee

Dublin Senior Center

Tue 2/23-5/17 6:00-8:00 PM

INFORMATION & RESOURCES

Advisory Committee Meeting

The Advisory Committee Meeting is held on the first Thursday of each month, from 9:30 AM to 11:30 AM. The public is welcome to attend. Suggestions may be made at the meetings, or via e-mail to seniorctr@dublin.ca.gov. The agenda is posted by the Monday prior to the meeting, and also online at www.dublin.ca.gov.

Senior Center Advisory Committee

Holly Ito—Chairperson

Ramona Krausnick—Vice Chairperson

Beth Brizee—Member

Jerrie Lore—Member

Eddie Jo Mack—Member

Janine Thalblum—Parks & Community Services Representative

Dublin Senior Foundation Donor Wall

Remember someone special, or simply make a tax deductible donation to the Senior Center. Four levels of giving are as follows:

Benefactor

\$5,000 12" x 12"

Sponsor

\$2,500 6" x 12"

Donor

\$1,000 2 1/2" x 12"

Individual

\$250 2 1/2" x 5 1/2"

Pick up an application form at the front desk. Return the form to the front desk, with a check made payable to the Dublin Senior Foundation. For more information, please leave a message at the front desk for George Zika, Foundation Board Member.

Dublin Senior Foundation Meeting

The public is invited to attend Foundation Board meetings held on the first Wednesday of each month, from 10:00 to 11:00 AM. The Foundation raises funds and supports the activities of the Dublin Senior Center.

Experienced Attorney Consultations by Appointment

The law offices of Jonathan Van Ee provides free consultations for those with questions about breach of contract disputes, trust and estate controversies, and related matters. Some questions may have easy answers, while others may require more analysis. Call (925) 556-4511 to make a private, one-on-one appointment.

50 Years+ Free

Dublin Senior Center

Tue 3/8 10:00-11:30 AM

Tue 4/12 10:00-11:30 AM

Tue 5/10 10:00-11:30 AM



Diabetes Support Group

The Alameda County Public Health Department's Diabetes Support Group welcomes people with diabetes and their families.

21 Years+ Free, drop-in

Dublin Senior Center

Tue 3/1 10:00-11:30 AM

Tue 4/5 10:00-11:30 AM

Tue 5/3 10:00-11:30 AM

Health Insurance Counseling Advocacy Program (HICAP)

Seniors may receive free counseling regarding Medicare benefits, Medicare supplements, HMOs, nursing homes, and other insurance and health care coverage issues. Appointments are in one-hour increments. Clients must be 65 and older; adult children are welcome. Please call to schedule an appointment one week prior.

65 Years+ Free

Dublin Senior Center

Wed 3/23 12:30-3:30 PM

Wed 4/27 12:30-3:30 PM

Wed 5/25 12:30-3:30 PM

Health Screening and Footcare

Senior Support Health Screening is provided for free on a first-come, first-served basis. Foot care is available by appointment for Alameda County residents. For more information, contact Senior Support, Pleasanton, at (925) 931-5379. Foot care, \$10 donation; health screening, free.

65 Years+

Dublin Senior Center

Mon 3/7 9:00 AM-2:00 PM

Hearing Screening and Hearing Aid Cleaning/Repair

Hearing aid cleaning services are performed on site while you wait. Pamphlets and brochures are available. Many repairs can also be completed on-site, however some repairs will have to be taken to a lab. Call to make an appointment.

Sponsor: Audibel Hearing Center

50 Years+ Free

Dublin Senior Center

Wed 3/9 10:00-11:30 AM

Wed 4/13 10:00-11:30 AM

Wed 5/11 10:00-11:30 AM



Let's Talk Workshops

Presentations by government agencies, non-profits, and senior service businesses on topics of interest to seniors. **Please note:** presentations are subject to cancellation if minimum enrollment is required one week prior to start date.

The Lost Sense: Balance

When people have problems with balance, simple activities such as walking, getting up from a chair, climbing stairs, and bending without falling can be a challenge. This informational workshop emphasizes how good balance can be maintained with the appropriate functional exercises. Learn about the three integrated systems that affect balance: vestibular, vision and proprioception.

Instructor: M Valentin

\$8 Res/\$9.75 Non-Res

Fri 3/11 10:00-11:30 AM Activity #40664

Conquering Dry Mouth Workshop

Did you know that more than 700 medications can cause dry mouth that may lead to developing dental diseases, difficulty speaking or swallowing, or alter taste and sense? Learn techniques for maintaining excellent oral health.

Presented by Chabot College students

Free

Mon 3/14 12:30-1:15 PM Activity #40689

Senior Legal & Financial Panel Discussion

Our discussion topics include: overview of trust and estate planning issues, financial planning considerations, and strategies for avoiding or resolving legal disputes. Panelists will draw on their extensive experience to outline strategies and considerations to more effectively tackle the many legal and financial challenges seniors face.

Panelists: Daniela Lungu, Esq., Mary Hanson, Certified Financial Planner, Jonathan Van Ee, Esq.

\$5 Res/\$6 Non-Res

Tue 3/15 7:00-8:30 PM Activity #40080

Challenges for Senior Parents and their Adult Children

This workshop discusses difficult relationships between seniors and their adult children. Difficulties may include overly dependent, controlling, unhelpful or undependable adult children. Adult siblings who conflict and divide the family will also be considered.

Coordinator: Gregory Burns, Senior Support of Tri-Valley

Free

Fri 4/1-5/20 10:00-11:30 AM Activity #40666

Senior Support of the Tri-Valley Agency

Senior Support is an independent non-profit agency that assists seniors (60+) residing in Dublin, Livermore, Pleasanton and Sunol. They provide services and resources that allow seniors to remain healthy, safe and independent in their homes. Programs include: case management, health services (nutrition, exercise, medication management, foot care), family caregiver support, friendly visiting, alcohol/drug program and counseling, homecare registry, and volunteer transportation to medical appointments. *Co-sponsored by the City of Dublin and other local and county agencies*

5353 Sunol Blvd., Pleasanton, CA 94566

Office Hours: Mon-Thu, 9:00 AM-4:30 PM

General Information: (925) 931-5379

Case Management: (925) 931-5381

Prescription Drug Take-Back Initiative

Dublin Police Services, along with the DEA, will be participating in this year's national prescription drug "Take-Back Initiative." The event's goal is to collect potentially dangerous, expired, unused, and unwanted prescription drugs for destruction. The free and anonymous collection event will take place at Dublin Senior Center. Dublin Police Officers will collect tablets, capsules, and all other solid dosage forms of prescription medications—no questions asked. Intravenous solutions, injectables, and syringes will not be accepted.



Dublin Senior Center

Date/Time TBA

DUBLIN SENIOR CENTER VOLUNTEERS

The Senior Center's volunteers serve in many ways – join the ranks of our dedicated volunteers!

There are many useful ways to volunteer at the Center and training for all positions. Plus it is a great feeling knowing that Staff and patrons are grateful for your help.

If you have an expertise in a specific area and would like to teach a class here, the Center is always interested. Pick up a volunteer application or class proposal form at the reception desk, or download forms at www.DublinSeniorCenter.com. Volunteers are recognized every spring.



AARP Registration

Make check or money order payable to AARP, and drop off/ mail to the Dublin Senior Center, 7600 Amador Valley Blvd., Dublin, CA 94568.

\$15 AARP Members (write membership #on check)

\$20 Non-Members

AARP Safety Driving: 8-Hour Class

A helpful class for drivers 50 and over. Develop functional abilities and reflexes for safe driving. Class completion may entitle participants to a discount from an auto insurance provider. Attendance in both class sessions is needed to qualify.

Instructor: Bill Bryson

Date & Time TBA



Wheels Transportation Counseling/ Training

Discover the ease of public transportation. Apply for Dial-a-Ride service and RTC discounts, as well as learn how to travel fixed-route buses. Please call to schedule a 15-minute appointment.

Leader: Jan Cornish, Wheels Travel Trainer

50 Years+ Free

Dublin Senior Center

Tue 3/15 10:00-11:00 AM

Tue 5/17 10:00-11:00 AM



AARP Free Tax Assistance

Drop-in tax assistance is available at the Dublin Public Library on a first-come, first-served basis. Please call (925) 803-7252 for more information. Please bring the following:

- Current year's tax forms and preparation booklet;
- Copy of last year's income tax returns and supporting documents;
- W-2 and W-2p forms from each employer;
- Unemployment compensation statements;
- SSA-1099 form if you were paid SS benefits;
- All 1099 forms showing interest and dividends, and original purchase price of sold assets;
- 1099R form from the payer of your pension or annuity;
- All forms indicating federal income tax paid;
- Child care provider information;
- All receipts or cancelled checks if itemizing deductions;
- Social security numbers for all dependents.

Administered by the AARP Foundation in cooperation with the IRS

55 Years+ Free

Dublin Public Library

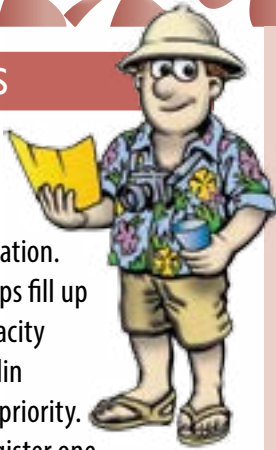
Sat 2/6-4/9 10:00-11:30 AM

2-1-1 Information Line

2-1-1 Alameda County phone line is a free, confidential and multilingual resource line. Trained resource specialists are available 24/7 to assess callers' needs and provides comprehensive and up-to-date information on affordable housing, emergency shelter space, utility payment assistance, Medi-Cal information, food programs, support groups, etc.

VAN TRIPS

Sit back and relax while being driven to an interesting location. Register early! Trips fill up fast, and van capacity is 14 people. Dublin residents receive priority. Non-residents register one week later. Trip fees include professional driver, tolls, parking and admission, but not lunch, unless specifically noted. Trip Flyers are available on the bulletin board in the Center's east hallway. Call for fees and availability.



Van Trip Registration and Refund Policy

- Full payment is due at time of registration: check payable to "City of Dublin" (by mail, or in person), cash (in person), or credit card (in person, or online at www.DublinRecGuide.com).
- Full trip refunds will be issued only when the Senior Center cancels a trip.
- If you withdraw from a trip by the registration deadline, a refund will be posted to your account as a credit, minus the cost of any ticketed admission.
- If you would like a refund issued, please contact the Senior Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless the space can be sold to a person on the waiting list.

TRIP	DATE & TIME	COST	REG. BY	ACT. #
Explore Napa	Saturday, March 26, 8:15 AM-5:00 PM	\$39 Res/\$47 Non-Res	2/16	40507
Monterey	Wednesday, March 30, 8:45 AM-5:30 PM	\$39 Res/\$47 Non-Res	2/16	40508
Sonoma Plaza, Sonoma	Saturday, April 9, 8:30 AM-5:30 PM	\$39 Res/\$47 Non-Res	3/1	40509
Filoli Gardens, Woodside	Saturday, April 30, 8:30 AM-5:00 PM	\$51 Res/\$62 Non-Res	3/1	40510
Explore San Francisco	Saturday, May 14, 9:00 AM-5:00 PM	\$39 Res/\$47 Non-Res	3/21	40511
Mare Island Naval Base, Vallejo	Saturday, May 21, 8:45 AM-5:00 PM	\$54 Res/\$65 Non-Res	3/21	40513
Carmel	Saturday, June 4, 8:45 AM-5:30 PM	\$39 Res/\$47 Non-Res	4/25	40514
Ano Nuevo, Pescadero	Monday, June 13, 7:00 AM-5:00 PM	\$45 Res/\$53 Non-Res	4/25	40515



WEEKLY SCHEDULE

DAY	TIME		CLASS
Mondays	9:45 AM–12:00 PM	\$ *	Writing Class with Julaina Kleist
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	12:30–1:30 PM	\$ *	Healing Yoga – Drop-in
	12:30–4:00 PM	¢ *	Bridge – Advanced Play
	1:00–2:45 PM	\$ ♀	Intermediate Line Dancing
	2:00–5:00 PM	\$ *	Acrylics Art Class
	3:00–3:45 PM	\$ *	Chair Pilates
	3:00–4:30 PM	\$ *	Everyday Life Skills in English (ELSE)
Tuesdays	8:45 AM–12:00 PM	¢ *	Tri-Valley Trail Trekkers
	10:00–11:00 AM	\$ ♀	Beginning/Intermediate Line Dance
	10:00 AM–12:00 PM	¢ ♀	Needle Arts Group
	10:30–11:30 AM	\$ *	Intro to Gentle Yoga
	10:30–11:30 AM	¢ ♀	A Reading Group (every 4th Tuesday)
	12:30–4:00 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan
	1:00–4:00 PM	¢ ♀	Melody Minstrels Jam Session
	2:15–3:45 PM	\$ *	Ballroom Dance
Wednesdays	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	10:00 AM–1:00 PM	\$ *	PC/MAC Computer 1-on-1 (30-minute sessions)
	12:30–3:30 PM	¢ ♀	Art Studio for All Media
	12:45–3:30 PM	\$ ♀	Bingo
	1:00–2:30 PM	¢ ♀	Draw Now/Paint Later
	1:00–3:30 PM	\$ ♀	Blankets for Vets
	5:30–6:30 PM	\$ *	Gentle Yoga
Thursdays	9:00 AM	♥ ♀	Path Wanderers Walking Group (call for schedule)
	9:00–10:00 AM	¢ ♀	Tai Chi Chuan Practice Group
	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:15–11:15 AM	¢ ♀	Line Dancing for Beginners
	10:15–11:15 AM	¢ ♀	Sing-Along
	12:00–4:00 PM	¢ *	Chinese Mah Jong
	12:30–1:30 PM	\$ ♀	Healing Yoga – Drop-in
	1:00–3:00 PM	\$ *	Basic American Sign Language
	1:00–3:00 PM	¢ ♀	Bunco
	2:00–4:00 PM	\$ ♀	Intermediate Line Dance (Social on 1st Thursday)
	7:25–8:25 PM	\$ *	Beginning/Intermediate Ballroom Dance
Fridays	9:30 AM–12:00 PM	\$ *	Watercolor for all Levels
	10:00–11:00 AM	¢ ♀	Line Dance Social
	12:15–4:00 PM	¢ ♀	American Mah Jong
	12:00–3:30 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan (1st, 2nd & 3rd Fridays)
Saturdays	8:30 AM–12:00 PM	¢ ♀	Ping Pong – Open Play AM only
	9:45–10:45 AM	\$ *	Tai Chi Chuan
	11:00 AM–12:00 PM	\$ ♀	Beginning/Intermediate Line Dance

Activity Key



Walk-ins welcome
(otherwise please
register in advance,
in person or online)



Activity fee \$2



Costs vary



No charge



Registration for Senior
Center classes required
by calling (925) 556-4511

shamrock cafe

MONDAY – FRIDAY
11:30 AM – 12:15 PM
See page 44

